

Foundation Stage All About Me Home Learning Sheet



Understanding of the World

Look at seasonal changes as Summer turns to Autumn.

Learn the names of animals and plants we see in our neighbourhood.

Name parts of the body and talk about how we change.



Personal, Social and Emotional Development

Learn to hang up coat and put belongings in the right place.

Learn to get dressed and undressed independently. Turn clothes the right way round, especially sleeves and trousers. Time yourself!

Practice good hygiene - hand washing, nose blowing and coughing.

Play board games with simple rules.



Physical

Practice doing up buttons, zips and velcro on clothing and shoes.

Practice holding and using scissors to cut out simple shapes.

Use construction kits, playdough, threading objects etc. to improve fine motor skills.

Practice holding a pencil correctly and use it to draw pictures and write some letters and numbers.



Literacy

Share stories daily at home. Talk about the characters, what they are doing and how they are feeling. Can you hear any rhyme or alliteration?

Visit the local library and borrow some books. Talk about fiction and non-fiction books.

Look at the letters in their own name. Find them on signs and labels.

Reinforce the **sound** of the letter.



Communication and Language

Sing Nursery rhymes and identify the rhyming words within them.

Play rhyming games and listen for rhymes, e.g. make silly rhyming strings, dog, sog, bog, log, mog etc.

Look at family photographs and talk about family events, holidays and family members.

Expressive Arts and Design

Encourage your child to sing, dance, act, paint, draw, design and build.

Encourage imaginative play using different objects and characters.



Mathematics

Look at numbers whilst out shopping, walking or playing.

Sing/chant counting songs and number rhymes, e.g. 1,2 Buckle my shoe. Say the numbers forwards and backwards.

Count and sort collections of objects at home. Encourage accurate counting by touching each object, lining them up or moving them. Compare amounts by seeing which group has more, less or the same amount?